Always use your meter if symptoms don’t match readings.
You know your body, listen to it.

**Acetaminophen**
Always use your meter if you have taken paracetamol/acetaminophen.
Medications containing paracetamol/acetaminophen (e.g. Tylenol®) can give you a false high reading.

**Calibration**
Always use your meter to calibrate at sensor start and every 12 hours.
Calibrating less often may cause inaccurate readings. When calibrating wash hands with soap and water. Use fingertips only.

**Insulin Stacking**
Don’t take insulin doses too close together, or “stack” insulin. You don’t want to go low; wait at least 2 hours.
Sometimes it’s best to watch and wait.

**When in Doubt**
In some situations you may feel less confident in your readings (e.g. first day of your sensor or when your glucose is rapidly changing).
When in doubt get your meter out.
Get the most out of your Dexcom G5

The more you use your Dexcom G5 the better your results. Wear it. Look at it. Respond to it. Alarm and alerts keep you posted – leave them on.

Work with your HCP to figure out what works best for you. Know your target glucose. Map a plan for lows. Decide on dosing and timing. Adjust using results of past decisions.

Talk through the below scenarios with your HCP to figure out what works best for you.

<table>
<thead>
<tr>
<th>What Kim Sees</th>
<th>What Kim Does and Why</th>
</tr>
</thead>
<tbody>
<tr>
<td>Kim got a Low Alert:</td>
<td><strong>What</strong>: She eats an energy bar without doing a fingerstick.</td>
</tr>
<tr>
<td></td>
<td><strong>Why</strong>: 4.4 mmol/L with a down arrow means her glucose is dropping.</td>
</tr>
<tr>
<td></td>
<td>In 15 minutes, Kim could be 1.9 mmol/L.</td>
</tr>
<tr>
<td>At breakfast, Kim sees:</td>
<td><strong>What</strong>: She doses to cover her meal.</td>
</tr>
<tr>
<td></td>
<td><strong>Why</strong>: Because of the up arrow, she takes a little more insulin.</td>
</tr>
<tr>
<td>At lunchtime, Kim sees:</td>
<td><strong>What</strong>: She doses to cover her meal.</td>
</tr>
<tr>
<td></td>
<td><strong>Why</strong>: Because of the down arrow, she reduces her insulin amount.</td>
</tr>
</tbody>
</table>

What do the arrows mean

- Glucose rapidly rising more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes.
- Glucose falling 0.06–0.1 mmol/L each minute or up to 1.7 mmol/L in 15 minutes.
- Glucose rising 0.1–0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes.
- Glucose falling 0.1–0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes.
- Glucose slowly falling 0.1–0.2 mmol/L each minute or up to 2.5 mmol/L in 15 minutes.
- Glucose rapidly falling more than 0.2 mmol/L each minute or more than 2.5 mmol/L in 15 minutes.

WARNING: Review all indications, contraindications, warnings, precautions and detailed procedures in your user’s guide or patient instructions before using your Dexcom G5 Mobile/G4 PLATINUM Sensor.